

Tobacco Use - Likes and Dislikes

BEFORE you quit, write down everything you **LIKE** about using tobacco. There are reasons why you do it! Then, write down everything you **DON'T LIKE** about using tobacco. Keep adding on to the **DON'T LIKE** list even after you quit. *NOTE: Don't worry about which list is longer. And nothing is insignificant!* **AFTER** you quit, cut this sheet in half and keep only the **DON'T LIKE** list. Post it so that you can remind yourself of why you started all this in the first place!!

LIKE

DON'T LIKE

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